

Healthy Kansas Minute Radio Interview – Bureau of Health Promotion – Controlling Hypertension

I'm Misty Jimerson, Heart Disease and Stroke Prevention Program Manager with the Kansas Department of Health and Environment and this is the Healthy Kansas Minute.

High Blood Pressure is called the silent killer and can be present with no signs or symptoms. It is a very serious health condition, which if left untreated, can lead to heart attack or stroke.

Fortunately, High Blood Pressure is treatable and preventable. Talk to your doctor today about your blood pressure and what you can do to control it. To learn more about identifying and controlling high blood pressure, please visit our Website at www.kdheks.gov. This has been the Healthy Kansas Minute.